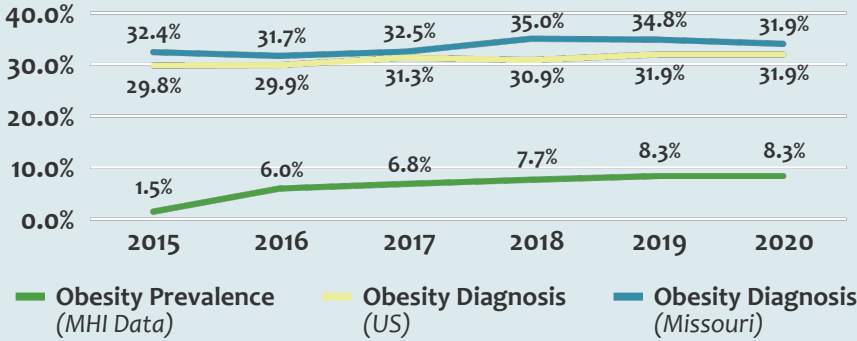




# Understanding Obesity Diagnosis Trends in Missouri

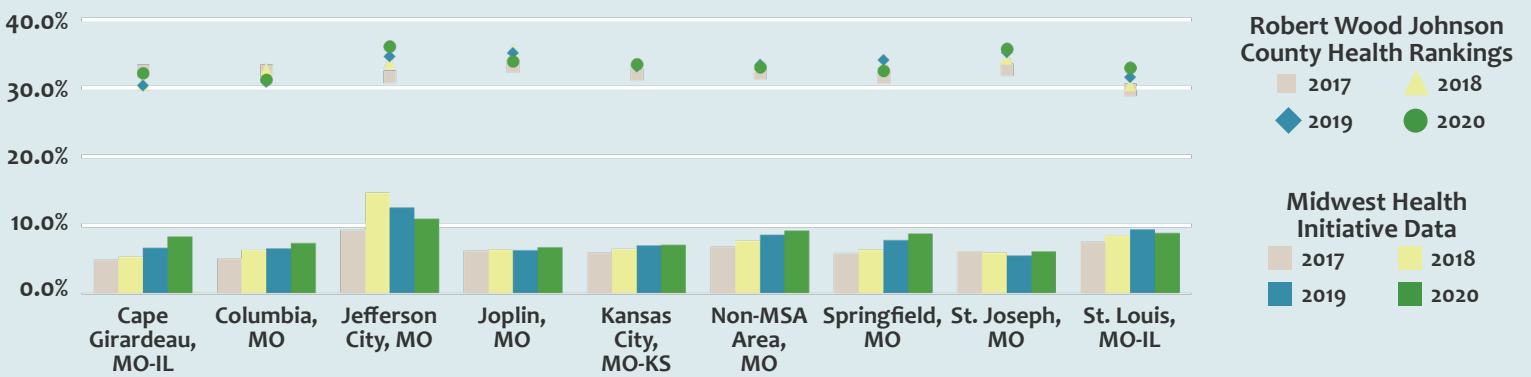
## Obesity Prevalence Is High, Yet Diagnosis of Obesity Is Low

State Obesity Diagnosis Code Prevalence vs. Self-Reported Disease Prevalence



Utilizing data representing 1.6 million Missourians, MHI explored trends in obesity diagnosis in the state from 2017-2020. Rates of obesity diagnosis dramatically increased in 2016, the first year of the ICD-10-CM. Yet, underdiagnosis is still rampant. Public health data show Missouri's obesity prevalence to be 34% in 2020, however clinical diagnoses lag behind at only 8.3%.

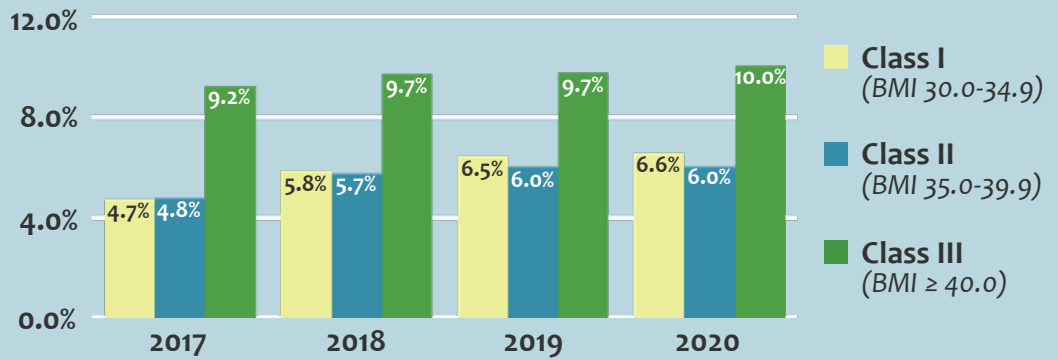
MSA Obesity Diagnosis Code Prevalence vs. Self-Reported Disease Prevalence



## Those Most Often Diagnosed Have Class III Obesity

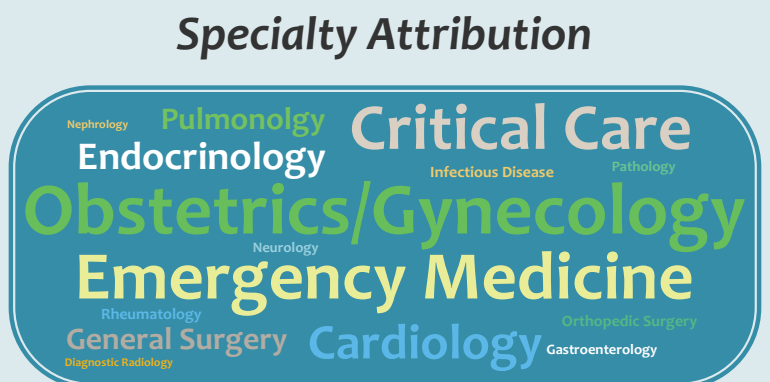
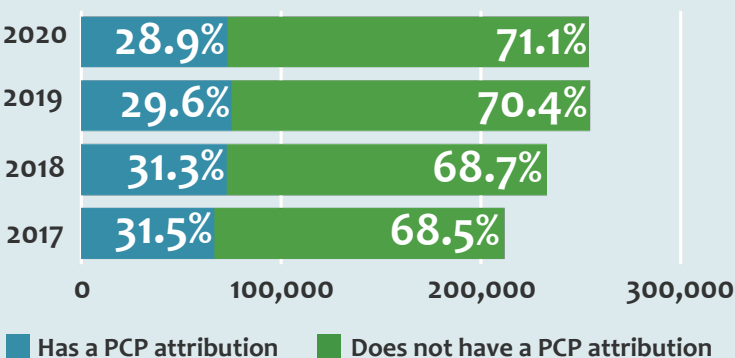
Of those diagnosed with obesity, Class III categorization is the most frequently diagnosed, if a class categorization is even assigned. This is likely owing to the association between Class III obesity and substantially elevated rates of total mortality, which could lead to the need for more invasive medical intervention and therefore documented diagnosis of the disease.

Distribution of BMI Class Codes in Missouri



## Specialists Most Often Diagnose Obesity

The majority of obesity diagnoses are not made by primary care physicians (PCP), but rather the majority are diagnosed by physician specialists. Again, this is likely due to the linkage between obesity, increased mortality, and a greater intensity of medical services provided, which would require documentation of an obesity diagnosis for billing purposes.



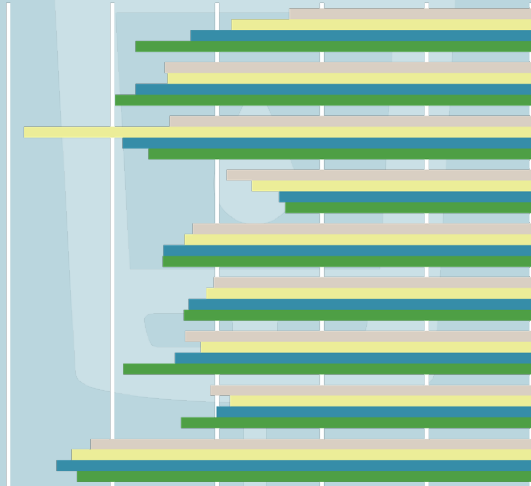
# Patients with Obesity Often Have Multiple Comorbidities

Researchers have established a strong correlation between obesity and its associated comorbidities; MHI data concurs. Diagnosing obesity is the first step in providing the best care for patients with comorbidities. Acknowledging this correlation through documented obesity diagnoses enables medical care professionals to provide appropriate treatment, mitigate negative effects of existing conditions, and prevent certain conditions from occurring.

2017 2018 2019 2020

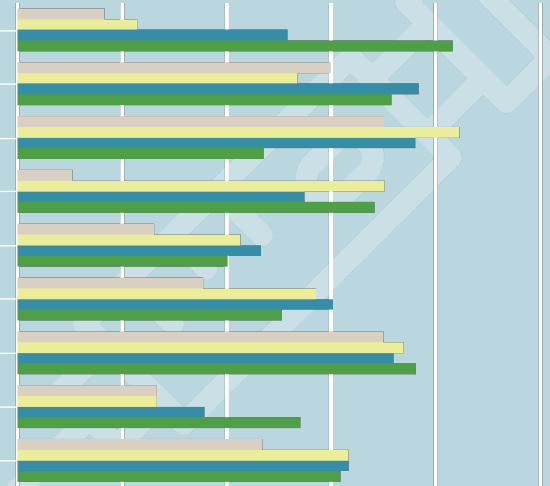
## Type 2 Diabetes

25.0% 20.0% 15.0% 10.0% 5.0% 0.0%



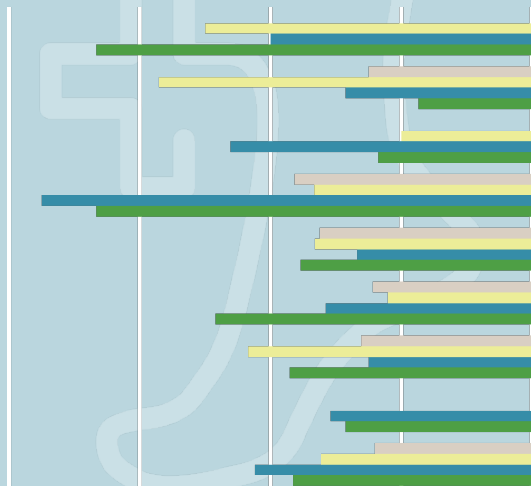
## Type 2 Diabetes with Other Specified Complications

0.0% 10.0% 20.0% 30.0% 40.0% 50.0%



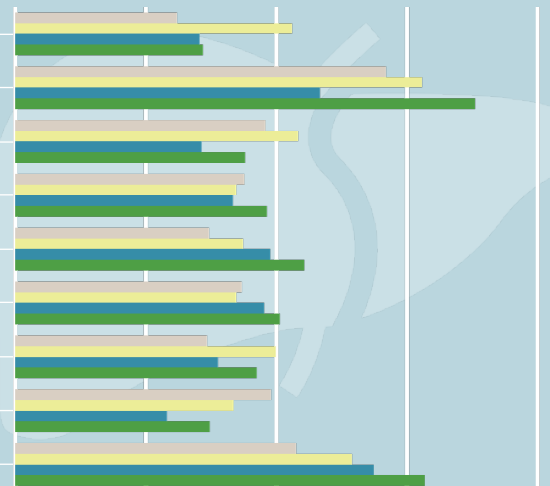
## Type 2 Diabetes with Diabetic Peripheral Angiopathy without Gangrene

40.0% 30.0% 20.0% 10.0% 0.0%



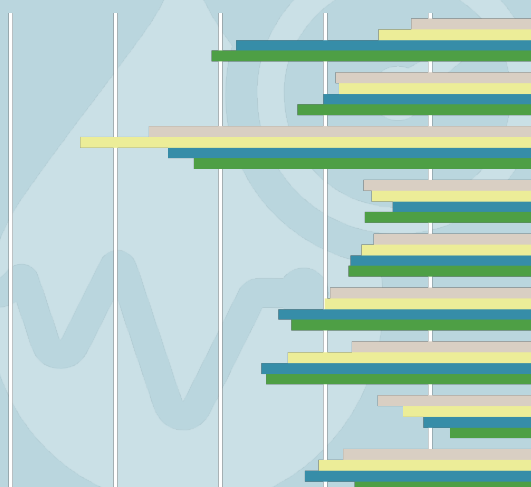
## Non-Alcoholic Fatty Liver Disease

0.0% 5.0% 10.0% 15.0% 20.0%



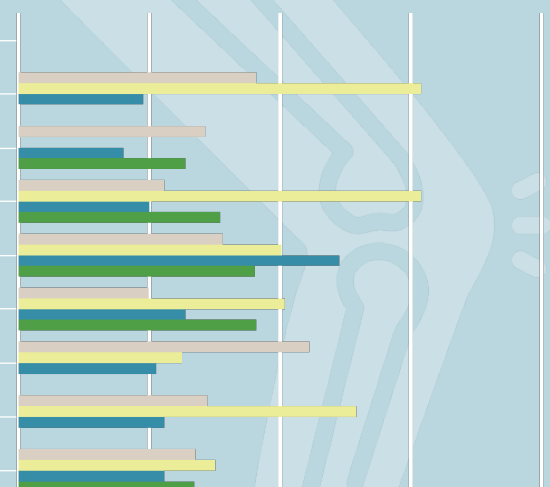
## High Blood Pressure

25.0% 20.0% 15.0% 10.0% 5.0% 0.0%



## Osteoarthritis of the Knee

0.0% 5.0% 10.0% 15.0% 20.0%



The Midwest Health Initiative thanks Champion for Health Care Value, Novo Nordisk, Inc., for contributions to this infographic and ongoing support of MHI's community work.